
 Introductory Course in Emotional Intelligence

| Total Number of Lectures = 30 | | |
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| Sr. No | Topic | No of lectures |
| 1 | Emotional Intelligence What is it? Why study it? How to study it? | 2 |
| 2 | Think Feel Act Model Emotions: What's that? | 2 |
| 3 | Components Overview My Emotions Your Emotions, Manage Emotions | 2 |
| 4 | My Emotions | 3 |
| 5 | Your Emotions | 3 |
| 6 | Manage Emotions | 6 |
| 7 | Anger management | 4 |
| 8 | Delayed Gratification | 3 |
| 9 | Optimism | 2 |
| 10 | Resilience / Dealing with failure | 3 |
| | Total | 30 |